

Mind Challenge Personal and Professional Development Program

Mind Challenge is a boutique Registered Training Organisation (RTO) and Life Coaching business in Western Sydney that is committed to consulting, planning and delivering customised and individualised personal and professional development program to individuals and organisations now and into the future.

Mind Challenge does not just provide training. We focus on ongoing, lifelong learning, personal and professional development!

How Mind Challenge will support your business and its employees

Mind Challenge develop and implement customised and innovative online (and face-to-face) personal and professional development program.

There are a number of key drivers that support Mind Challenge's customisation, innovation and individualisation of learning and development across your organisation:

- providing valuable, current, engaging learning and education using multiple delivery methods.
- teaching lifelong personal and professional skills and knowledge to individuals.
- meeting key industry and organisational capability and professional development targets.
- exposing individuals to multiple principles, practices and techniques in communication, relationship building and maintenance, conflict, debriefing, mentorship, mental health (wellbeing), performance management, emotional intelligence.
- develop individual capabilities to support their job description, work role and career change and/or progression.

Program resources

For each module, individuals will receive a module workbook and have access to an online learning portal, zoom meetings, pre-recorded tutorials and assessment activities.

Mind Challenge Personal and Professional Program

Mind Challenge design, write and facilitate a range of personal and professional development modules that can be completed online or through face-to-face workshops. Our modules are catered towards new employees, mid-level management (new and refresher modules) and senior-level management (new and refresher modules).

Modules

Communication

<i>Modules</i>	<i>Hours (F2F or online)</i>	<i>Cost (\$)</i>
Module 1: Communication in the workplace	9am – 5pm + assessment activities	\$250
	Self-directed learning + assessment activities	\$225
Module 2: Team communication framework		
Module 3: Communicating for success		

Mental Health

<i>Modules</i>	<i>Hours (F2F or online)</i>	<i>Cost (\$)</i>
Module 1: Mental Health Awareness	9am – 5pm + assessment activities	\$250
	Self-directed learning + assessment activities	\$225
Module 2: Mental Health Mentor		
Module 3: Mental Health and Suicide Prevention		

Managing Conflict and Debriefing

<i>Modules</i>	<i>Hours (F2F or online)</i>	<i>Cost (\$)</i>
Module 1: Conflict Management	9am – 5pm + assessment activities	\$250
	Self-directed learning + assessment activities	\$225
Module 2: Debriefing effectively after crisis		
Module 3: Conflict Management and Emotional Intelligence		

Emotional Intelligence

Modules	Hours (F2F or online)	Cost (\$)
Module 1: Emotional Intelligence in the workplace	9am – 5pm + assessment activities	\$250
	Self-directed learning + assessment activities	\$225
Module 2: Emotional Intelligence in leadership		

Performance Management

Modules	Hours (F2F or online)	Cost (\$)
Module 1: Performance Management	9am – 5pm + assessment activities	\$250
	Self-directed learning + assessment activities	\$225
Module 2: Performance Coach & Mentor		
Module 3: Introduction to Cognitive Solution Focused Coaching		
Module 4: Leading through change		

Relationship building and maintenance

Modules	Hours (F2F or online)	Cost (\$)
Module 1: Building and maintaining relationships in the workplace	9am – 5pm + assessment activities	\$250
	Self-directed learning + assessment activities	\$225
Module 2: Building dynamic employees and teams		
Module 3: Relationship management and Emotional Intelligence		

Please note: the fees listed under Cost \$ column are for 1 x participant **for online delivery. Fees include: access to online learner portal, module workbook and assessment activities, 1 x life coaching session, zoom sessions, pre-recorded tutorials and a Certificate of Participation.*

Face-to-face Workshops

Should the organisation require these modules to be delivered as face-to-face workshops, cost (\$) per participant is \$250. Each module workshop is delivered from 9am to 5pm plus additional hours are allocated for the completion of assessment activities.

For a **FREE NO OBLIGATION** consultation, email Claire at claire@mindchallenge.com.au or phone 0410 568 872.